



HEALTHY SCHOOLS

When children are physically active and eat well, they do better on tests, have better school attendance and are more focused in their learning. Whether you are a parent or a principal, here are ways you can help your kids be healthier and have fun!

Eating Well

- **Serve healthy foods at events.** Work with your PTA, teachers and principal to make it a policy to serve healthy food as classroom rewards and at school functions, including evening events, meetings, fundraisers and parties.
- **Reward kids without sweets.** Ask teacher or the principal to reward kids with extra recess, fun pencils or erasers or time for a special game – not sweets.
- **Make it easy to drink water.** Ask your child's school to offer drinking water.
- **Talk to the school about fundraisers.** Consider what is being sold through fundraisers and choose companies that provide non-food options, such as plants, candles or wrapping paper. Consider organizing a walk-a-thon that combines fundraising with physical activity.

Being Active

- **Start a “walking school bus.”** Talk with other neighborhood parents about taking turns walking with groups of children to and from school. [Learn more](#) about this and other active commutes to school.
- **Speak up for PE.** Tell your school board and/or principal that kids need physical activity and physical education as a regular part of the school day.
- **Make it easier to walk or bike to school.** Talk with parents, teachers and your principal about getting involved in [Safe Routes to School](#) to make it easier for kids to commute to school by foot or bike.
- **Show what kids need to bike or walk to school.** Invite neighbors, school leaders, community leaders and reporters to walk or bike the routes students use – or could use – to get to school. This is a powerful way to show people why safe routes to school are needed.

Additional Resources

[Safe Routes to School](#)

[Alliance for a Healthier Generation](#)

[Healthy Kids, Focused Students](#)